

ROTOVUE

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News

View on terrorism

"The world is determined to stop the tyranny of terrorism. And it isn't just one country that can do that; it's going to take the coalition of a great many countries working together as each of you are.

"The Afghanistan theater has been the first one, but it won't be the last. It is a place where you are setting an example for how this battle has to be conducted, and there's no question that Afghanistan is indeed a proving ground.

"It's a momentous time. You have a momentous mission. You have been commissioned by history to play a key part. It's dangerous; there's no question. It's difficult and the American people know it and the people of the coalition countries know it. They know it because they see it on television. They know it because they see some of your comrades coming home dead and wounded.

"The coalition, this coalition, stands on the front line between freedom and fear. You stand against an evil that cannot be appeased, it must not be ignored, and it certainly must be defeated."

- Secretary of Defense Donald R. Rumsfeld, during a meeting with troops at Bagram Air Base, Afghanistan, April 27

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Staff Sgt. Gregory K. Funk

One of the more popular static displays at the 2002 Sounds of Freedom Air Show was the Yankee Lady, a B-17 Flying Fortress that served in World War II.

Skies roar with 'Sounds of Freedom'

Pfc. Misty D. Salinas
correspondent

Clouds and rain did little to dampen the spirits of those attending the 2002 New River "Sounds of Freedom" Air Show, April 27.

The air show was a culmination of many months of hard work and preparation aboard the Station.

Getting the air show up and running was important to those aboard Station as well as the surrounding community.

With the events of Sept. 11, many people have been wary of events with large crowds and demonstrations. Knowing this, the Station took all the necessary precautions to not only give

the community a sense of security but to provide that same sense to the performers as well.

Extra security was brought in from surrounding Marine Corps bases to reinforce the Station units. The security units provided entrance security, searched bags and used metal detectors. They patrolled the air show crowd continuously.

The air show began with the 2nd Marine Aircraft Wing band playing the national anthem while a member of the Army's Golden Knights parachute team displayed the U.S. flag as he parachuted down.

The Golden Knights dazzled the audience with maneuvers as they jumped from 4,000 feet. Weather

forced the Golden Knights to jump lower than the 12,000 feet they normally jump. The weather and low cloud cover not only forced the Golden Knights to alter their performance, but it also forced other performers at the air show to perform at altitudes lower than originally planned.

Next up in the air was OTTO the clown helicopter, who entertained the audience with 'antics' as he blew bubbles and played with a "helicopter sized" yo-yo. During the performance, OTTO interacted with the announcer and did a series of skits that emphasized the importance of not lying or cheating.

See **SKIES**, page 24

Boating Safety

The New River Power Squadron, a member of the U.S. Power Squadrons, will conduct a free vessel safety check for all boats on May 18 from 9 a.m. to noon at the MCAS New River Marina. This vessel safety check is being conducted in coordination with the North American Safe Boating Week that runs from May 18-24.

Persons wishing to have their boat inspected may bring them to the Marina either by water or on a trailer.

In addition, a fire extinguisher demonstration will be conducted by the Camp Lejeune Fire Department beginning at 10 a.m. The goal of the vessel safety checks and the fire extinguisher demonstration is to help all recreational boaters have a safe boating season.

For further information, contact Brian Wheat at 455-7755.

USO Dinner

The USO presents "Strictly Country," a dinner cabaret, July 12-13 at 7 p.m. A four-course dinner will be served while being entertained by a song and dance production by Nancy St. Charles. Tickets can be purchased at the Jacksonville USO for \$30 each. Reservations can be made with a major credit card. For more information, call 455-3411.

USO Karaoke Night

The USO will host Family Karaoke Nights, June 8 and June 15 beginning at 6 p.m. Military ID cards required for this event. Single military members are also welcome. For more information, call 455-3411.

Golf Tournament May 18

The Marine Corps Aviation Association is scheduled to host the 4th Annual Alfred A. Cunningham Squadron Golf Tournament, May 18. Tournament begins at 8 a.m. with tee-time at 9 a.m. at the MCAS Cherry Point Golf Course. For more information, contact Master Gunnery Sgt. Cosans at 252-466-5806.

Golf Tournament May 31

The Igor Sikorsky squadron is scheduled to host a Spring Golf Tournament, at the Quaker Neck Country Club May 31, to raise money for the New River Aviation Memorial Foundation. The memorial park is being built to honor and remember the servicemembers who have perished in aviation mishaps onboard New River aircraft. Proceeds from the golf tournament will go to the foundation to help pay for the completion of the memorial site project. For more information, contact Capt. Dave Persons at 449-7563.

Volleyball Tournament

The New River Air Station Single Marine Program is scheduled to host the 3rd Annual SMP 4 On 4 Sand Volleyball Tournament, May 19 at 1 p.m. Tournament play will be at Barracks 4211/4212. In the event of rain, the tournament will move to the Station Fitness Center. A minimum of 10 teams must be registered by May 10. Event registration is free for all active duty and DoD cardholders, and \$25 per team for civilian teams. For more information, contact Allison Sykes at 449-6410.



Crime & Punishment

At a special court-martial held March 5, a lance corporal from MALS-29 was found guilty of the following UCMJ Articles: 86(two specifications of unauthorized absence, 112a (one specification each of wrongful use of ecstasy, cocaine and marijuana). The Marine was sentenced to 120 days confinement, forfeiture of \$737 pay per month for four months, reduction to E-1 and a bad conduct discharge.

At a special court-martial held March 19, a private from NAM-TRAMAR Unit, was found guilty of the following UCMJ Articles: 86(one specification of unauthorized absence), 92(one specification of disobeying a lawful general order), 112a(one specification of wrongful use of marijuana). The Marine was sentenced to 90 days confinement, forfeiture of \$500 pay per month for four months and a bad conduct discharge.

At a special court-martial held April 3, a corporal from HMH-461 was found guilty of the following UCMJ Articles: 92(one specification of failure to obey a lawful order and one specification of violation of a lawful general order), 121 (one specification of wrongful appropriation) and 130(one specification of unlawful entry of a government building). The Marine was sentenced to 100 days confinement, forfeiture of \$500 pay per month for three months and reduction to E-1.

At a special court-martial held April 18, a private first class from MALS-26 was found guilty of the following UCMJ Article: 112a(one specification each of wrongful use of cocaine and marijuana). The Marine was sentenced to 90 days confinement, forfeiture of \$736 pay per month for three months, reduction to E-1 and a bad conduct discharge.

At a special court-martial held April 30, a private from MWSS-272 was found guilty of the following UCMJ Articles: 86(one specification of unauthorized absence), and 112a(two specifications of wrongful use of cocaine). The Marine was sentenced to 90 days confinement, forfeiture of \$500 pay per month for three months and a bad conduct discharge.

At a special court-martial held April 30, a sergeant from HMH-464 was found guilty of the following UCMJ Article: 112a(two specifications of wrongful use of cocaine). The Marine was sentenced to 75 days confinement, reduction to E-3 and a bad conduct discharge.

At a special court-martial held April 30, a private from MALS-29 was found guilty of the following UCMJ Article: 86(one specification of unauthorized absence). The Marine was sentenced to 30 days confinement and a bad conduct discharge.

At a special court-martial held May 1, a private first class from H&HS was found guilty of the following UCMJ Articles: 83(one specification of fraudulent enlistment), 86(one specification of unauthorized absence) and 112a(one specification of wrongful use of cocaine). The Marine was sentenced to 75 days confinement, forfeiture of \$350 pay per month for two months, reduction to E-1 and a bad conduct discharge.



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If you have any editorial views you would like to express about military related topics please submit those to our office by phone at 449-6196, fax 449-6478 or e-mail the press chief at: chamberslj@newriver.usmc.mil.

'Condors' conduct Exercise Eastern Warrior

Cpl. Theresa E. Seng
correspondent

The "Condors" of Marine Heavy Helicopter Squadron-464 departed to NAS Brunswick, Maine, May 1, for Exercise Eastern Warrior.

The 10-day exercise was designed to refine the squadron's ability to deploy and operate from a forward area. HMH-464 was also provided the opportunity to exercise the full spectrum of operational risk management and force protection procedures in order to enhance combat readiness and increase aircrew proficiency.

After receiving the after action reports and situation reports from the Aviaiton Combat Element of the 26th Marine Expeditionary Unit, Lt. Col. Jeff A. Bowden, HMH-464 commanding officer, said he felt it was necessary to better prepare the next detachment to deploy and be sure the Marines were ready to face

challenges such as those faced in Afghanistan. Brunswick was a key area because of the mountainous and snowy terrain.

This mission was three-fold, said Bowden. First, forward deploying the squadron to an unfamiliar location allowed the Marines to exercise an embarkation plan and weed out weaknesses and implement improvements in the plan of action.

"(The exercise) forced us out of the 'comfort zone' we have at New River and allowed us to be adaptive and innovative in meeting our logistic and maintenance requirements," said Bowden.

Second, the Condors will approach all operations without expectation or taking possible risks for granted. This allowed the squadron to develop better rounded ORM and force protection.

Finally, HMH-464 is exercising the spectrum of its operational capabilities and missions to the fullest extent while forward deployed. Bowden said he

exploited the training opportunities available to his Marines, particularly aerial refueling, long-range navigation, and tactical mission planning and execution.

The tactical elements enhanced the training however it isn't the sole focus. The Marines took maximum advantage of working with Marine Aerial Refueler Transport Squadron-252 to capitalize on mutually beneficial training, be it in the air, in the classroom or in the field.

"We have an invaluable chance to operate in an environment with unique operational considerations and particularly high altitude operations," Bowden said.

"Our end state was to perform our missions professionally, safely and with typical Condor pride. We want to return to home base more operationally capable, more deployable and refreshed from a long overdue change of scenery," he said.

Station commemorates Vietnam veterans

Cpl. Andrew W. Miller
correspondent

Military veterans, both men and women, gathered April 30 at the New River Aviation Memorial Park to commemorate the contributions of those who fought in the Vietnam War.

Jim Slaughter, retired Marine and Vietnam veteran, described the special event as a "family reunion."

"There are five military branches in our brotherhood, thus making us a family," said Slaughter, who retired from New River in 1975.

"Our first name is Vietnam and our last name is veterans."

"No matter what branch of service you are talking about, we were all there," he explained.

The guest speaker for the ceremony was Sgt. Maj. Joseph L. Houle, USMC retired.

Emotions filled the crowd of almost 300 veterans and family members as Houle solemnly recalled his experience and feelings of being a squad leader and platoon leader as a Marine Corporal surrounded by the stench of death in Vietnam.

"Vietnam was not a game," Houle said.

"I wondered every night if I would live to see dawn," he said.

A war which lasted for so many years, proved to be a situation of mixed emotions and political controversy.

Many gave the ultimate sacrifice... their lives, even though back home in the United States, protest rallies were taking place because Americans didn't understand why we were fighting.

"We were charged to stop the Communist invasion," explained Houle. "Our people died in a land far away that few people understood."

Today's war situations may be hard to predict and sometimes hard to understand, but I hope and pray that their will never be another war as misinterpreted and misremembered as Vietnam," he said.

This day was chosen because April 30, 1975 marked the end of the Vietnam War.

On this day of celebration and remembrance, military veterans gathered to give praise to their fallen comrades and those who served. It was a praise well given and a praise well deserved.



Cpl. Andrew W. Miller

Marine Corps Air Station New River's honor firing detail conducts a 21-gun salute during the Vietnam Veterans Recognition Day aboard the Air Station, April 30.

Delalio Dolphins 'Fun Day'



Cpl. Andrew W. Miller

Students from Delalio Elementary School participated in a "Fun and Fitness Day" aboard Marine Corps Air Station New River, May 3.

50th Birthday Party



Cpl. Juan Vara

Lita Bartels, wife of Col. Dennis T. Bartels, MCAS New River Commanding Officer, celebrated her 50th birthday Saturday in the Station's Navy-Marine Corps Relief Society's meeting room, at a surprise party organized by friends and loved ones.

Volunteer award



Cpl. Juan Vara

Katrina Farrel (center) receives a Certificate of Commendation from Lita Bartels during the Navy-Marine Corps Relief Society New River Semi-Annual Volunteer Awards luncheon, April 23, as Col. Dennis T. Bartels observes.

Asian/Pacific Islander Celebration



Cpl. Andrew W. Miller

Families and friends gathered at the Marine Corps Air Station New River Officer's Club to experience the diverse culture of Asian Pacific Islander Heritage Month, May 1.



ENERGY TIPS

**Information compiled by the
MCAS New River Logistics Office*

- ☒ Turn off photocopiers, printers, computer monitors and other office equipment at night and on weekends. The Department of the Navy will avoid \$3,800,000 a year in electricity costs when 100,000 Marine Corps and Navy personnel turn off their computers at night and on weekends.
- ☒ Repair leaky faucets promptly. A dripping faucet can waste up to 20 gallons of water a day.
- ☒ Keep your car or truck well tuned. A well-tuned car uses up to nine percent less fuel than a poorly tuned car and releases less pollution.
- ☒ The federal government pays an \$8 billion annual energy bill. If all federal agencies purchased energy-efficient products, the U.S. could save up to \$900 million per year.
- ☒ Insulate your home properly. Adequate insulation will keep your home warmer in the winter and cooler in the summer.
- ☒ Old news is good news when it is recycled. If everyone in the U.S. recycled one-tenth of their newspapers, we would save about 25 million trees every year.
- ☒ Recycle your aluminum cans. Producing cans from recycled aluminum rather than from raw materials consumes 90 percent less energy and generates 95 percent less air pollution.
- ☒ In the cooling season, draw draperies, blinds and shades to keep out direct sunlight. Position trees and shrubs to keep the sunshine off the building and nearby ground. Air-conditioning energy use can be reduced 40 percent more by shading windows and walls.
- ☒ Check toilets for silent leaks. A leaking toilet can waste up to 200 gallons of water a day. Place several drops of food coloring in the tank, but don't flush. Wait five minutes. If the color shows in the bowl, you have a silent leak.
- ☒ Don't speed. For every mile-per-hour over 55 mph, the average car or truck loses almost two percent in gas mileage.
- ☒ Use the sun's energy to dry your clothes when the weather permits. The energy's free and your clothes smell fresher.

SMP participants escort Britthaven residents to air show rehearsal

Cpl. Juan Vara
correspondent

Residents from the Britthaven of Jacksonville nursing home were aboard MCAS New River April 26, to watch the 2002 "Sounds of Freedom" air show rehearsal.

Marines from the Station's Single Marine Program volunteered to escort 15 residents, who arrived at the parking lot area at approximately 11:30 a.m. and were taken under the tents set up along the flightline to watch the Marine Air Ground Task Force demonstration. The residents also checked out the static displays of the various aircraft staged on the flightline and had an opportunity to talk with the warfighters who pilot these planes.

"This idea came together in February when the SMP went to the nursing home on Valentine's Day," said Allysha Koury, Britthaven activity director. "They brought up the idea of bringing the residents to watch the air show and we went on from there."

Allison M. Sykes, Single Marine Program coordinator, said that after talking to Paul M. Quinn, Station Marine Corps Community Services director, the decision was made to escort the residents during the rehearsal day, since it was more suitable for people with special needs to enjoy the air show without the crowds.

"This was a great idea!" said Lance Cpl. James W. Fleming, air traffic controller assigned to Station ATC from Honolulu, Hawaii. "I hope everybody enjoyed themselves."

Koury said having the nursing home residents watch the rehearsal of the air show definitely topped off watching movies or playing bingo at Britthaven.

If you would like to volunteer at Britthaven of Jacksonville, or would like more information, call Allysha Koury at 353-7222 or 353-6325.



Cpl. Juan Vara

Marines from the Single Marine Program escorted residents from the Britthaven Nursing Home, April 26, during the practice of the "Sounds of Freedom" Air Show.

MAGTF air show demonstration



Staff Sgt. Gregory K. Funk

Infantry men deploy from a CH-46E as ground and air elements work together to secure the airfield during the MAGTF demonstration for the air show April 27.

Focus on safety



Cpl. Theresa E. Seng

Corporal Michael L. Rivera, air craft rescue fire fighting, found this shovel near the flightline, During the Air Station-wide foreign object and debris.

MAG 26 shines during 'Diamond Thrust'

Cpl. Juan Vara
correspondent

Marines, Sailors and Airmen from several Marine Aircraft Group 26 squadrons conducted Exercise Diamond Thrust, April 29 to May 3, operating from Quantico, Va., to Atlanta.

Colonel Douglas F. Ashton, MAG 26 Commanding Officer, said this exercise was a pre-course for Dynamic Mix, and set the stage for something he has planned for the MAG in the fall.

"In October I want to take the whole Group to a remote location and do the same type of training, but in a larger scale," added Ashton.

Approximately 2,200 warriors took part in the exercise, where airfields at MCAS New River, Atlantic City, N.C., Pelion, S.C., and Rome, Ga. were used.

"There were two purposes for this exercise," said Maj. William R. Dunn, exercise coordinator for Diamond Thrust.

"First, we wanted MAG 26 to be reinforced with all of the Aviation Combat Element assets and to fight as a MAG. Second, we wanted to train our MAG staff in a high-paced tactical decision environment."

Targets at Marine Corps Base Quantico, Va., Brant Island, N.C., Piney Island, N.C., and Dare County Range, (along the eastern coast of North

Carolina), were engaged by rotary wing and fixed wing aircraft, simultaneously during the live-fire exercise.

"This is the first time in several years we have done a large MAG exercise," said Dunn. "We plan on doing this twice a year from here on out."

The Ground Combat Element came from Camp Lejeune's 6th Marine Regiment, and "Untouchables" from Marine Wing Support Squadron-272 deployed to Marine Corps Outlying Field Atlantic to operate the Forward Arming and Refueling Point. There, they provided air-ground supporting elements such as meteorological forecasting and weather, medical services, motor transport, heavy equipment, communications and utilities.

Different methods of refueling were used during the long-range flights conducted by the ACE. Aerial refueling missions were performed with KC-130s from Marine Aerial Refueler Squadron-452, from Stewart Air National Guard Base at Newburgh, N.Y., and rapid ground refueling was accomplished by CH-53Es from Marine Heavy Helicopter Squadron-461.

Gunnery Sgt. Jay C. Renard, staff noncommissioned officer of the MWSS-272 Fuels Division, said one of the new things completed during this training was hot refueling with ordnance.

"This is when the aircraft comes into the fuel pits, the ordnance team makes sure all ordnance is safe,

and it's refueled while the engines are still running," said Renard. "The only places where this was done prior to being done here were the Weapons Tactics Instructors Corse at Yuma, Arizona, and when a Marine Expeditionary Unit is deployed."

According to Dunn, the biggest difference between this exercise and those previously conducted, were multiple concurrent live-fire missions, utilizing external support from different units.



Cpl. Juan Vara

A CH-53Es from Marine Heavy Helicopter Squadron-461 transports fuel to a Forward Arming and Refueling Point during operation "Diamond Thrust".

'Gunrunners' take part in shipboard exercise

Lance Cpl. Andy Anderson
correspondent

Marines and Sailors from the Air Station's Marine Light/Attack Helicopter Squadron-269 recently took part in re-qualifying exercises off the coast of North Carolina aboard USS Iwo Jima [LHD-7].

An advanced party was sent aboard the Norfolk, Va. based ship, April 21, with the remaining "Gunrunners" following suit throughout the rest of the week.

"The squadron is out here to get the pilots [qualified] and to have practice in moving an entire MAG [Marine Aircraft Group] and all its assets together," said Capt. Scott Atwood, Danville Ill. native, HMLA-269 AH-1W Super Cobra and UH-1N Huey pilot.

The purpose of the training was to keep squadron pilots current in shipboard operations.

To maintain these required levels of qualification, MAG pilots must complete a series of maneuvers including

day, unaided night, and aided (using night vision goggles) landings and take-offs.

"It's an opportunity for the pilots to use their skills in shoots and approaches on ship," said Atwood.

"It's not only the pilots who are getting training though, it's also the ship personnel," he said.

The training also allowed many junior Marines to experience shipboard operations for the first time, explained Atwood.

"This gives these guys experience and some really good training who haven't been on a boat before," said Gunnery Sgt. Brian Stenberg, HMLA-269 skidline chief and native of Missoula, Mont.

Aside from HMLA-269, Marines and Sailors from New River's Marine Medium Helicopter Squadron-162 and Marine Heavy Helicopter Squadron-464 were also took part in the training evolution.

The training pitted Marines across the board against obstacles, which

many had not found the opportunity to experience yet.

"The hardest part was getting accustomed to the flightline," said Lance Cpl. Rudi Johnson, crew chief and native of Kaneohe, Hawaii. "It's smaller so you have to be a lot more careful and alert. It's an enjoyable experience though."

Following the qualifying exercises, the Marines, in conjunction with ground troops flown in from MCB Camp Lejeune, took part in a amphibious assault exercise at Onslow Beach. The Marines were then flown back to Marine Corps



Lance Cpl. Andy Anderson

A CH-53E Super Stallion prepares to lift-off from USS Iwo Jima [LHD-7], April 26.

Air Station New River.

"It's just a good chance for us to do what we do - Marines fight from the sea," remarked Stenberg.

Some rules are just plain silly

It doesn't take a genius to weed out ignorance

Master Sgt. Tim Shearer
Public Affairs Chief



We've all been there at some point.

You're looking for help at a window, desk or cash register and an employee comes up with a rule that pre-

cludes them from helping you. Or, you are going about your daily business and a new rule is thrown in your face that will forever complicate (needlessly) the way you operate.

Here is the first case in point...last week I made a trip to the chow hall. The food's good and I like to see what the Marines are eating. I walked up to the cashier to hand him my money and discovered a rule that governs chow-hall operations. Absolutely no \$20 bills are accepted. Period. End of discussion. I was told to read the sign on the door on my way out.

It didn't matter that there was a stack of \$10 bills inside the open cash drawer that could choke a horse. The fact is that there is a rule that allows the cashier to turn away those with large

bills, and by god it's his right and he intended to exercise it. All I got when I asked him about the large bills in his drawer was a confused look.

Next case... When you pull up to a gas pump on base there are two things you will notice. The first is the price of gas is ten cents higher per gallon. The second is a sign stating that you must turn off all radios and other electric devices for fear that your car will explode in a ball of fire, taking half the base with it. Now, you can call me a dare devil, but I've been driving for about 24 years and generally have the radio on while I do. I've purchased countless gallons of gas without incident; making me wonder if there is something odd at base gas stations that creates a greater risk of spontaneous Ford combustion. If they are worried about the car radio, how about the ignition coil under my hood that's storing about 50,000 volts.

My final case... I went to fill up the propane tank for my gas grill the other day and found the federal government has been meddling in my affairs again. Specifically, they are saying the type of propane tank I've been using for 20 years is no longer safe and that I need

to go spend \$30 to get a new one. Back to the spontaneous combustion phenomena mentioned above. All of my friends cook with gas grills and never had a problem. I also read a lot of the newspapers and have never heard of an incident where the bratwurst was sent into orbit due to the old style gas tank. I bet if they look real deep into this new law they will find someone getting rich off new gas tanks.

It may seem as though I'm belly aching. Yeah, I am. But there is a point.

We spend a lot of time trying to get Marines to follow important rules - those are the rules that will ensure the Corps functions and our heritage is preserved. Contrary to popular belief our young Marines aren't stupid and they see the frivolous nature of some of the rules that are enforced. It annoys some of the good ones to the point that they leave the Corps instead of reenlisting. It also breeds an atmosphere of non-compliance.

When people (Marines are people) are faced with things that make no sense, they will start to ignore them. It's hard to expect a Marine to take Operational Risk Management seriously when they see the government stance on radios at the gas pump. They will start to question the importance of what we are telling them.

Okay, I've aired a grievance and we aren't supposed to do that without com-

ing up with an answer. As one lance corporal says to the other one, "Check this out..."

Every rule should have an intended purpose that gets us from point A to B safely and efficiently. If someone decides to make a rule, they should be required to clarify their intent to those who enforce the rules. And, the enforcers of rules should be required to take a common sense test. Not only should they know that two plus two equals four, but also that one plus three equals four; demonstrating that there is possibly more than one correct way to get to the desired end.

In the chow hall, why not have a sign that states the cashier may not have change for large bills. This will ensure that patrons understand there is a chance they may not get lunch if all they have is a \$20 bill. At the same time it will keep some civilian employee from turning Marines away because of the asinine interpretation of a rule. I think we can all accept someone telling us that they don't have change, more so than someone telling us they refuse to make change.

As for the gas station. It may seem unimportant, but the person who tells me that my radio is going cause an explosion will not be taken seriously when he tells me about something that is a real danger.

As for the gas grill. I have a propane tank for sale...cheap.

Noncommissioned officers falling short as leaders

Sgt. Robert Piper
MCB Camp Pendleton Public Affairs

No more than a week ago, I walked past a field where a group of Marines were conducting a police call. Actually, three lance corporals picked up the trash as five corporals watched. Yet people wonder why retention is getting harder every year.

While I'm all for noncommissioned officers taking charge, it doesn't mean just because you're a corporal or a sergeant, you're suddenly too good to work. It's been a while, but I don't think promotion warrants state, "as a newly appointed NCO, you now are above working and will operate strictly as an overseer of Marines."

Fact is, four of those corporals should have been picking up trash alongside those Marines. According to a recent "Marine Times" survey, nine out of 10 Marines are unhappy with their leadership.

Why? Personally, I think it starts with the young NCO.

I hear it every month from Marines all over this base. "I can't wait till the first, because then I'll be promoted and have some fun watching the other Marines work while I get to take it easy."

Hello! Whatever happened to, "I am forever conscious of each Marine under my charge, and by example will inspire him to the highest standards possible," from the NCO creed? Leading by example doesn't involve watching from afar, rather observing from within.

I ask every leader to think back to a time when they were new to our Corps and didn't rate the "privileges" that come with increased rank. Which leaders did you respect most, who would you work for and who did you just appear to work for?

I'll guarantee your answer involved someone who was not only squared away and in shape, but worked

side by side with his Marines. What was his rank, by the way? A sergeant? Maybe a staff sergeant? Perhaps higher?

What about looking at it from the other direction: Were you happy working for someone who didn't meet this standard?

Corporals are called leaders "in the trenches." This means intimately involved with everything their Marines do on a daily basis, not standing by as Marines struggle to get jobs done. And sergeants, well, everybody knows we're where the tire hits the pavement. Not only are we supervisors, but we're also experts in our fields, working wherever, doing whatever, to accomplish the mission at hand. Which of you do this, day in and day out?

So, if nine out of 10 Marines aren't satisfied, whose fault is it?

Well, it's ours, but we can change their opinion - with a little work.

Life aboard a Naval ship

Lance Cpl. Andy Anderson
correspondent

I was tasked early last week to go to sea for a period of 24 hours. As I had never been on ship before, or flown in a helicopter, I found this to be the exact experience I had longed for during my past four years in the Marine Corps. My bags were packed before the orders were approved.

I was covering an exercise for the base paper and it was suggested that I write two articles; one detailing the mission of a squadron from the Air Station and one regarding a Marine at sea for his first time. I originally planned to find a young Marine to write about, but decided there wasn't time to get all the information needed to compile a good point-of-view article. So, for the first time, I decided to write in the first-person.

Being in a new environment can be stressful and oftentimes embarrassing, especially when dealing with such strong traditions as those pertaining to the Marine Corps and Navy. I decided to spare no expense and charge forth with a smile.

I'm hoping this writing may help teach a few things to newer Marines and maybe remind some of the more seasoned veterans of the sea what it was like their first time. Maybe I can even provide the reader with a little humor. For now, it's off to USS Iwo Jima [LHD-7].

1645 [4:45 p.m.] - I arrive at the Station Operations building ready for all that is to come but unsure of what the next day will hold. It's only a 30-minute wait for the helicopter but the time stretches as my excitement grows.

1715 [5:15 p.m.] - I'm given a cranial and something called a "float coat" and shuttled to the rear of a CH-46E Sea Knight helicopter. As I wade through the hot breath of the helicopter and the hacking of the blades above me I marvel at the mechanics and engineering that make helicopters work. I take my seat near one Marine officer and two Sailors.

A few minutes later we lift off. Into the sky we rise and on past the coast of Eastern North Carolina we fly. The

world is a much more beautiful place from here. Everything seems to run together and the colors blend from the forests, rivers and inlets to the beaches. I realize that this is an experience that, when combined with others like it, will make for a wonderful career. Everyone should be so lucky as to sit in the seat I now occupy.

1740 [5:40 p.m.] - A massive vessel appears below us. My gut wrenches as I think about what the landing will feel like. I do my best to look seasoned and hide my distress. I sneak in a quick prayer for a safe landing.

1745 [5:45 p.m.] - Landing goes off without a problem. Myself and the three other passengers are hurried off the Sea Knight and onto the ship. Amidst the hurried actions of the combat cargo Marines, I find out the officer who flew in with me knows my point of contact. I follow him through the passageways of the ship. We weave in and out through the maze and I'm lost before we even begin.

We finally make it to the ready room and I meet with Capt. Scott Atwood, HMLA-269 UH-1N Huey and AH-1W Super Cobra pilot. Captain Atwood sets me up with Lance Cpl. Robert Capwell, HMLA-269 embark chief and native of Plains, Penn. Capwell has been on the ship since the day prior. It's his first time at sea too, but he knows where the mess deck is and my stomach follows him.

1755 [5:55 p.m.] - Capwell leaves me to eat among the hundred or so other Marines and Sailors filling the mess deck. I take a seat and begin to worry if there are limits on how much salt, pepper, hot sauce and napkins each person can use. My palette demands spice but, to be safe, I take it easy on the hot stuff.

1810 [6:10 p.m.] - Somehow I find my way back to the ready room without faltering. As I stand waiting for Capt. Atwood to return I notice for the first time the knee-wobbling sway of the ship I am now deep within. Good thing I ate light because I don't think these pork rounds are going to taste quite the same the second time around.

1815 [6:15 p.m.] - Capt. Atwood returns and introduces me to another guide, PFC Tim Godwin, HMLA-269



courtesy photo

The USS Iwo Jima [LHD-7] served as a platform to Marines and Sailors involved in requalifying exercises. Following shipboard operations the New River squadrons engaged in an amphibious assault exercise that took place at MCB Camp Lejeune N.C., April 29.

embark clerk and native of Perry County, Ohio.

1830 [6:30 p.m.] - At this moment I am trying to recall the name of the ship's area where you can look out over the flightline - I need to take pictures from there but the only term I can think of is "crow's nest." I feel like a pirate as I pose my inquiry. Luckily, a passing Marine understands my jumbled jargon and directs us skyward toward "vulture's row." Close enough I guess.

We travel this way, then that way, upward, downward, left, right, back that way then back to this way - it's a tangled web we have found ourselves in. I feel like the new private on station searching for some flightline. I hope the Marine who gave us directions wasn't sending us on a goose chase. Thankfully, we find help and good directions. We're on our way.

1855 [6:55 p.m.] - Observation Deck: We find there is no such thing as "vulture's row" on this class of ship but there is an observation deck which will serve the same purpose for shooting photos.

Everything's great now. We've come at the most opportune moment to get the photos I need. Helicopters are taking off and landing and the crewmembers down on the flightline are running every which way. As far as myself and military photography are concerned, we have found our Eden.

1920 [7:20 p.m.] - Back at the ready room. I let Capt. Atwood know I'm going exploring for more photos.

As I reached the first ladderwell heading upward I notice the lights are out and everything is lit by red lamps. I'm not sure what this means, but according to Star Trek it's never a good thing. I decide to sit at the bottom of the ladderwell and wait for what I term "code red" to be over with.

1950 [7:50 p.m.] - Still waiting. A Sailor walks by and helps me out. It seems the ship has gone into night status. The red lights, in theory, are helping keep the ship from being spotted by enemy forces. It's also making it harder to navigate the already perplexing

See **SHIP**, page 12

Training emphasizes equality

Cpl. Andrew W. Miller
correspondent

Even in today's day and age of diversity and opportunity, there seems to still remain an issue of those who do not agree with the concept that "all people are created equal."

The Marine Corps has recognized this issue and is diligently building its equal employment opportunity program to educate, prevent and protect against those who do not value the importance of a discrimination-free working environment.

Marines and Sailors from New River, Camp Lejeune and Cherry Point gathered at Camp Johnson to partake in educational classes regarding the equal opportunity program, April 22 through 26.

These Marines and Sailors, whether they are representatives or advisors, not only learned about the proper ways to handle discriminatory incidents, but also learned of all the different types of discrimination so they will be prepared for almost anything.

Contrary to popular belief, discrimination goes deeper than just racism. It can include such things as sexual harassment, sexism and can even go so far as to include extremism.

Sexual harassment in the work place is something

that has long been overlooked and will no doubt contribute to a hostile work environment. Sexual harassment can be described as looking at the opposite sex in an inappropriate manner, talking about an inappropriate subject in mixed company or even asking for sexual favors in return for a promotion or other job advantages.

An example of what we know as sexism is when a man might think that a woman is not be capable of doing the same job he can do. Some men, for example, might think that women belong only in clerical occupations.

Females are not the only ones that can be discriminated against.

EOR's are here to help anyone who thinks they may be victims of biased opinions, false perceptions, stereotypes or prejudicial treatment.

These four are formed primarily out of ignorance toward the accused. In other words, these personal feelings are formed out of not understanding why people are different.

We, as Marines, have to understand that we all come from different places, backgrounds and were all raised with different beliefs.

Misunderstanding is the primary reason that extremism runs rapid today. Extremism includes hate

groups and gangs that are usually targeted towards a specific race or religion. In North Carolina alone, we have over 25 different organizations of this kind and they are constantly looking to recruit young college kids and military members.

The reference for better understanding what is or is not allowed regarding these organizations is outlined in Department of Defense directive 1325.6; Guidelines for Handling Dissent and Protest Activities Among Military Members of the Armed Forces. Some of the possible violations initiating UCMJ action may include; Article 92, Article 116, Article 117 and Article 134.

Get to know your section's Equal Opportunity Representative. They have been trained for your benefit to help find a way to solve some of these problems in the work environment. They are not to take responsibility for your problem, but they will direct you in the right path, give you the appropriate suggestions and refer you to the proper authorities.

Even if you prefer to handle the matter on a lower level, meaning, confronting the discriminating party in person, an EOR can help.

Equal opportunity in our Marine Corps is a subject not to be ignored. We are a team and if we let our prejudices stand in our way, our team will suffer.

SHIP

from page 10

hallways of the ship.

I eventually run back into Capwell and Godwin. They are there exchanging banter with a few fellow Marines.

These guys are real characters [I only wish I could relate some of the stories they tell in this writing].

2330 [11:30 p.m.] - Berthing area. The racks are stacked three beds high and I, being the wise one I can sometimes be, opted for the space up top.

Because I was too short to make the rack while standing there I decided the only other possibility was to make the rack while I was actually in it. After 20 minutes of what had to have looked like a game of drunken Twister, the bed was made decently. I think the sheets were on sideways but I decided any other way was just a luxury and I settled in for the night. As I lay there I find the gentle rocking of the ship setting me to sleep.

0615 [6:15 a.m.] - Up and ready. I head to morning chow, inhale a ham and cheese omelet, go back to berthing

to wake up Godwin and then it's off to the embark office to wait for my check-in with Capt. Atwood.

0730 [7:30 a.m.] - Maj. Harold P. Davis, HMLA-269 logistics officer in charge. While waiting in the embark office Maj. Davis arrives and tells his Marines he has seen dolphins off one of the ship's catwalks. We head off to have a look.

We reach the spot and wait for the dolphins to show. We never see them, but there is something much better than dolphins I find while standing on that catwalk. The ocean. The ocean, with a ship cutting through its salty depths beneath me.

I feel like maybe I've reached a place I'm destined to be. We watch and chat for a little while longer before deciding to make our way back.

0815 [8:15 a.m.] - Looks like we're lost. Not only are we lost, we're lost in officer country.

We passed through the gym, through officer berthing, past the Ward Room, down three levels, up one level, around countless corners and through a seemingly endless connection of hatches - then, in a beam of brilliant light, there, once again, was the ready room.

0905 [9:05 a.m.] - Capt. Atwood confirms flight schedule. I debark at 1730 [5:30 p.m.] if all goes as planned. For now though, I have time to gather some more photographs.

0915 [9:15 a.m.] - The fo'cile. I don't know what compelled Godwin to bring me to this part of the ship, but here we are. It's actually rather interesting. The chains are enormous and it baffles me as to why there are about 15 Sailors watching these heavy links. I honestly don't think that anyone would try walking away with a two-ton link of chain.

0940 [9:40 a.m.] - Back on the catwalk [opposite side of ship from last time]. Godwin needs to head back to his shop to take care of some work, I head out to get some action shots of the squadron Marines.

1050 [10:50 a.m.] - I head to the embark office. I've made my peace with the ocean, come to grips with the size of the ship, and now feel a part of a much larger operating whole. My return to the office brings no problems. It's been more than 16 hours since my arrival on my ship, but I feel accomplished in my understanding of the ship this far.

1345 [1:45 p.m.] - After another bout with chow and a few more eye-opening cappuccinos we head to the flight deck. We score float coats and cranials and clamber to the top of the ramp leading to the flightline door. We try to act like we know what we're doing.

I start taking photographs, putting the camera up to my eye to capture celebrations of the crew as each landing takes place smoothly.

I came aboard this ship to learn everything I could about its inner workings - it's people, ways, policies, traditions, regulations, etc. I received quite an education during my 24 hours inside the Iwo Jima, but regardless of how long I stayed, there would always be someone a little "saltier" than myself. And there would always be something new for me to learn.

A few hours later I'm preparing for my return flight to New River. We leap from the flight deck and I'm on my way home - watching the Iwo Jima disappear from sight. I wish only that I could stay longer, explore further and meet with other exciting experiences. Then, a smile breaks as I remember I have 20 more years for that.

Water does a body good

Pfc. Misty D. Salinas
correspondent

With the summer months coming and the temperatures rising, proper hydration is important when doing all physical activities.

Our bodies work on a delicate system. Keeping a good fluid balance is important to keeping that system functioning in good order.

"When people start doing physical activities they start sweating, which is the body's way of preventing 'overheating,'" said Hospitalman Second Class Shannon A. Washburn, hospital corpsman Marine Aviation Logistics Squadron-29. "This uses the water that is in their system, and if they aren't hydrated enough, all the fluids are used up and their body will shut down as a result."

To stay properly hydrated, people should generally drink about a quart of water an hour. When hydrating for physical activities people should start drinking water the night before and a couple of hours before.

"Your body can absorb the water you drink within 30 minutes to an hour," said Washburn.

"Here, California and Okinawa are the worst locations for heat casualties," said Washburn. "People tend to think that if the sun isn't out, then they don't have to hydrate."

The dangers of not hydrating before physical activities lie in falling victim to some sort of heat casualty. There are three stages of heat casualties.

Heat cramps is the first sign of the body being depleted of electrolytes. Symptoms include cramping in the muscles of the stomach, lower legs and forearms. The cramping is similar to what is commonly known as a 'charley horse.' If these symptoms arise, the person should stop all physical activity and move to a cool, shaded place. The person should start sipping on water.

"Sip the water. Do not chug!" said Washburn. "During any type of heat casualty, the stomach is heated and introducing a cool liquid, like water, can cause spasms and possibly vomiting."

Heat exhaustion is the second stage. The symptoms include profuse sweating, moist and cool, clammy skin, body temperature of 98 to 102 degrees,

dizziness, headache and nausea. Some people can faint from heat exhaustion.

If suffering from heat exhaustion get to a cool, shaded area and start sipping water. Even if the person starts to feel better, they should go to medical and get a check-up because they could still be suffering side effects of dehydration.

If the person is brought into medical as soon as they suffer from heat exhaustion, they will be moved to a cool place, generally their shirt removed and they will be dried off. If the person is conscious, and able to, they will start sipping water. If unconscious or nauseous, they will be hydrated intravenously.

Heat stroke is the third and worst stage. In a heat stroke, the body's core temperature is over a 103 degrees. The person is no longer sweating because they have used up all the fluids in the body. If the person doesn't pass out, they are disorientated and have trouble speaking.

If someone is suffering these symptoms they need to get to medical immediately. They will be cooled down quickly by being dunked in water, IV's and bags of ice. This process has to be done properly or the person could suffer from hypothermia. People who have a heat stroke run the risk of brain and heart damage, even death.

"In addition to hydrating prior to physical activities, take water with you," said Washburn.

Other things to remember when exercising in the heat is to wear cool, loose and light colored clothing. Things that aid in dehydration, and should be avoided before physical activities, are any caffeinated, carbonated or alcoholic beverages.

Use a guide to determine when is the best time to do physical activities during hot weather. Pay attention to the heat index warning flags on Station. The different colors of flags indicate what physical activities should be done. Station weather determines what color flag should be flown.

In general, physical activities such as running, should be avoided during the hottest hours of the day, which are approximately 11 a.m. to 2 p.m.

"Never run alone, always run with a buddy," said Washburn. "Use the buddy system, that way if one gets in trouble the other can get help."



Cpl. Joshua P. Vierela

Drinking water and staying properly hydrated during the summer months is key to any physical activities.

While people should be hydrating year-round, during the summer it is especially important to take extra care and hydrate before all physical activities.

It could be the difference between life and death.

Flag Conditions

Green Flag

80 - 84.9 degrees Heavy exercise for unacclimatized personnel should be conducted with caution under constant supervision.

Yellow Flag

85 - 87.9 degrees Strenuous exercise, such as marching should be suspended for troops during the first two or three weeks of living and working in the area.

Red Flag

88 - 89.9 degrees All physical training should be halted for those not thoroughly acclimatized by twelve weeks of living and working in the area.

Black Flag

90 degrees Fahrenheit and above All strenuous nonessential activity should be halted for all troops.



EOD ignites station crowd

‘Untouchables’ pyrotechnic support highlights Air Show demonstration

story, photos by
Sgt. Matthew O. Holly
correspondent

Marines from Marine Wing Support Squadron-272, Explosive Ordnance and Disposal did their part to support the "Sounds of Freedom" air show, April 27, aboard New River.

EOD's mission in the air show was to create the illusion, through sight and sound, of a major assault from various Marine Corps forces.

For EOD, the day started off at 6:30 a.m. with the usual safety brief to ensure that all safety measures were taken to prevent and prepare for any mishaps that might occur. Once the word was given the EOD Marines disbursed and tackled the task of setting up for the Marine Air Ground Task Force demonstration, which in the past was contracted out to civilians.

"The MAGTF demonstration is one of the highlights of the air show," said Sgt. Nick Lyons, EOD technician for MWSS-272 and North Carolina native. "It gives us a chance to give the public a general idea of how a MAGTF looks, sounds and works. Everybody seems to enjoy the large and thunderous explosions."

EOD used sand bags to secure 3,000 feet of detonation cord, C-4, 50 blasting caps, numerous one-pound binary explosive charges, 100

millisecond delay connectors. They used firing wire, which ran from the ignition box to the relay boxes. This would help them keep track of each explosive device so they would know when and where to ignite them. It required countless hours to coordinate and prepare for the MAGTF demonstration. Setting up the day of the show took approximately four hours of prep time.

"There was a lot of work that was done to display six minutes of simulated naval gunfire, strafing runs and bombing runs," said Chief Warrant Officer 2 Melvin L. Soult, EOD officer, MWSS-272. "Between the big fiery explosions and the loud booms, this is probably one of the more exciting displays for the air show spectators."

Various support was provided from around the Air Station along with additional support from EOD, Marine Corps Air Station Cherry Point and Marine Corps Base Camp Lejeune.

"We had the Station Fire Department and paramedics out here, for obvious safety reasons. MCB Camp Lejeune, MCAS Cherry Point and MWSS-274 Cherry Point were able to provide us with much needed manpower for the set up and tear down of the display," said Soult.

"Overall it was a smooth operation and the timing of the aircraft and explosions were synchronized for the most part. I thought it went very well."



Sports medicine clinics aid in overcoming, preventing injuries

Pfc. Misty D. Salinas
correspondent

The Camp Geiger Sports Medicine Clinic is getting revamped, and it's more than just a fresh coat of paint.

Sports medicine has merged with physical therapy to form the "Smart Clinic."

The clinic will combine the services of both clinics into one. This joint office is tentatively looking to officially "open" its doors in June. The Sports Medicine Clinic is still open, and the "Smart Clinic" will be located in the current Sports Medicine building. There are currently two other "Smart Clinics," one at San Diego and one at Parris Island.

In addition to new personnel and equipment, the clinic is looking to undergo some changes in the way appointments are handled.

"We are trying to eliminate appoint-

ments," said Hospitalman 3rd Class Katie Hall, acting lead petty officer, Sports Medicine Clinic, Camp Geiger. "This way when someone gets injured they don't have to wait weeks for an appointment to open up, they can just come in."

If the clinic does away with appointments, then it will examine the option having certain days that different groups can come in to be seen. Examples would be one day out of the week for the School of Infantry, a day for MCAS New River and so on.

"If this clinic has good success, we are looking into opening one on MCB Camp Lejeune," said Hall. "That way Marines over there will have the therapy closer, rather than coming over here."

The clinic currently has a physical therapist that comes in twice a week, as well as two sports medicine doctors. There are also corpsmen there that are

trained in rehabilitation and work with the patients on their therapy programs.

"Sports Medicine is rehab through exercise," said Hall.

Sports Medicine is designed to treat a variety of the injuries incurred during training, and during regular physical activities. The goal is to be able to help Marines heal and get back out and doing what Marines do.

The injuries they treat the most are those to the knees and 'overuse' injuries. An 'overuse' injury is an injury caused from constant impact. They also treat a fair amount of ankle sprains and shoulder injuries.

Most injuries are caused from not stretching or exercising properly, however, improper footwear can take its toll on a person's body.

"Your shoes should be your 'shock absorbers,'" said Hall. "After six months your running shoes should be replaced. The outside of the shoes may

look 'good to go,' but the inside soles have worn down to the point that they no longer do their job."

When someone gets referred to the clinic, they see one of the doctors who look at their injuries and determine the proper therapy. Next they are seen by one of the corpsman to start physical training.

They are put on a program of strengthening exercises. Permanent personnel are usually on the programs for eight weeks, while students are usually on the programs for two weeks. More aggressive therapy is used with students so they can get back into their classes quicker.

"We have about 45 to 50 people come in daily to do their rehabilitation programs, and that's not counting the people in to see the doctors or get started on a new program," said Hall.

A goal of the clinic is to be able to help prevent injuries, not just treat them.

Women take stance against assault

Cpl. Theresa E. Seng
correspondent

According to the American Medical Association, sexual assault continues to represent the most rapidly growing violent crime in America, claiming a victim every 45 seconds. The National Victim Center reports that over 700,000 women are raped or sexually assaulted annually. Of these victims, 61 percent are under age 18.

In response to these alarming figures, Marine Corps Community Services offered a Women's Self-Defense Class at the Station Fitness Center, April 20.

The class was designed to focus on awareness of your surroundings, situations, dangers and feelings while concentrating on assertiveness, avoidance, weapons of opportunity, targets of opportunity and escape techniques.

The women participating in the class learned maneuvers such as how to escape from a rear and front attack and how to escape by temporarily disabling their attacker.

Verna Richardson, Fitness Center aerobics supervisor, thought it was important to hold a class such as this and contacted Master Sgt. Ron Dargan, a 6th

Degree Black Belt and inductee into the Black Belt Hall of Fame, to instruct.

Dargan has been trained in Karate since the age of 10 and has been teaching classes on Camp Lejeune and New River for several years.

Karate is a fighting method involving a variety of techniques including blocks, strikes, evasions, throws, and joint manipulations.

These techniques can be used to evade attackers, increase awareness and focus in a possible violent situation.

"Women are more likely to be involved in involuntary violent situations and attacked than men," said Dargan. Knowing how to protect themselves can mean the difference between life and death.

"We all don't know how to protect ourselves the correct way. The class emphasized targeting the weak areas of an attacker, which is why it was important," said Richardson.

Some of the ladies didn't know what to expect, so they started out shy and hesitant, but they quickly became comfortable and enthusiastic with the idea of defending themselves, said Dargan.

Throwing punches and a knee to the groin became "second nature" to the women who participated, and



Cpl. Theresa E. Seng

Self defense is an important skill for all women to know.

they all learned some valuable techniques that could save their life, said Richardson.

Due to popular demand, the fitness center is planning to schedule another class possibly for next month. For more information, contact the Station Fitness Center at 449-6003.

Marines raise bar on fitness

Sgt. Matthew O. Holly
correspondent

In recent years, the sport of weight training has been gaining vast popularity because of the prospects of physical prowess, the health benefits and the aspects of feeling and looking fit.

Weight training is a gradual conditioning program and there are a few things to take into consideration.

"Warming up your muscles is one of the most important things to do to avoid injury," said Christina M. Lewis, personal trainer and American Council on Exercise (ACE) certified instructor at the Station Fitness Center. "You should perform a cardio workout for at least five minutes in order to increase core temperature and increase blood flow to the extremities."

Proper form is another concern that, if ignored, can lead to injuries. People should maintain a neutral posture with head, shoulders and back aligned.

"Movements should be done slowly with total control without the use of momentum," said Lewis, Riverside, Calif. native. "Focus on the muscles being worked."

As with all exercises, one must not forget about proper breathing technique.

"People should always exhale on the lift and inhale on the lowering," explained Lewis. "Never hold your breath."

Progression is a factor in weight lifting that can be easily forgotten. When people get into the lifting mode the natural thing they want to do is increase weight. If you increase weight too rapidly, it can relapse your progress rather than move it forward.

"Start with a low range of sets and repetition and between the second and third week, when your body has adapted to the exercise, increase the repetitions. When you are performing the full amount of repeti-



Sgt. Matthew O. Holly

Private First Class Patrick J. Berry, NAMTRAMAR unit CH-46E Sea Knight helicopter mechanic student, does his weight training at the Camp Geiger Fitness Center, May 3.

tions and you are no longer feeling a burn in your muscles, increase the sets. Finally, when the full amount of repetitions and sets are achieved without muscle fatigue, increase the weight by five to 10 percent," she said.

When full body workouts are done, it's important to give your body one full day of rest in between each workout, said Lewis.

Some benefits one can expect from weight training are strength retention and the prevention of bone disorders.

"As we age, our ability as far as strength begins to deteriorate," said Lewis. "Weight training will help you retain muscle mass and strength. Weight training also helps in the prevention of osteoporosis, disorders which cause your bones to be less dense than average, brittle and easily broken."

The Station Fitness Center offers personal trainers for active duty military, retirees and civilian employees aboard New River. To receive a full fitness assessment or to inquire about a fitness program, contact Christina Lewis at 449-5854.

Station Marines make lunchtime racquet

Sgt. Matthew O. Holly
correspondent

For the past two months, several Marines aboard New River meet each Wednesday at 11 a.m. to test their racquetball skills in the "Lunchtime Shootout."

"Wednesdays we hold the Lunchtime Shootout, a tournament style racquetball game," said Gunnery Sgt. Bill R. Savoy, Station Dining Facility manager and Rome, N.Y. native. "We usually can expect to get 14 to 22 people to participate on any given day."

Savoy, who has played racquetball for 18 years and won a silver medal as part of the All-Marine Team in the 2000 U.S. Open, explained how racquetball is not the fastest growing sport in the U.S., but is very popular Marine Corps-wide.

"There are health benefits for sure," he said. "With a lot of stopping and quick movements, this helps your fast and slow twitch muscles, which helps your quick muscle movements and your muscle endurance."

Racquetball is a sport that can be easily taught and easily learned.

"Anyone can learn how to play rac-

quetball," said Savoy. "You just have to have the willingness to try and not give up. For anyone who has the desire to learn the sport and take it to the next level, I would say to them, be sure and have fun while you are playing."

People who are interested in participating in the Lunchtime Shootout, contact Gunnery Sgt. Bill R. Savoy at 449-6716. Racquetball gear can be checked out at the Station Fitness Center.



Sgt. Matthew O. Holly

Marines aboard New River are welcome to test their racquetball skills every Wednesday at the 'Lunchtime Shootout.'

Sounds of Freedom Air Show

SKIES

from page 1

After the 'antics' were over, Beauty 'tamed' the Beast in a wing walking demonstration reminiscent of the wing walking that was done back in the '20s and '30s. Jane Wicker walked and climbed untethered to different locations on the aircraft before the weather 'tamed' Beauty.

The show continued on with the Marine Air-Ground Task Force demonstration. The audience had the opportunity to see how ground-side and air Marines work together to "secure" a location. The New River explosive ordnance division provided pyrotechnic explosions to offer a realistic atmosphere to the demonstration.

While the weather put some of the aircraft demonstrations on hold, it gave the audience time to walk

around and view the various static displays. Aircraft included the C-130, F/A-18D Hornet, UH-1N Huey helicopter, YAK-18 and many others. The military's newest addition to its aircraft fleet, the MV-22 Osprey, was one of the main static exhibits. Along with aircraft, MCB Camp Lejeune provided displays of ground-side elements, to include different armored vehicles.

"It's great that people have the chance to get out and see the aircraft, and get a close up look at things they don't normally get to see," said John Brewer, Raleigh, N.C. native

While looking at the displays, the crowd of about 19,000 walked around the Station flightline enjoying games, music and food. There were various local vendors set up selling food, from funnel cakes to hot dogs and burgers. Corporations from the area had booths set up for people to stop by and get information, or even get a close up look at their equipment.

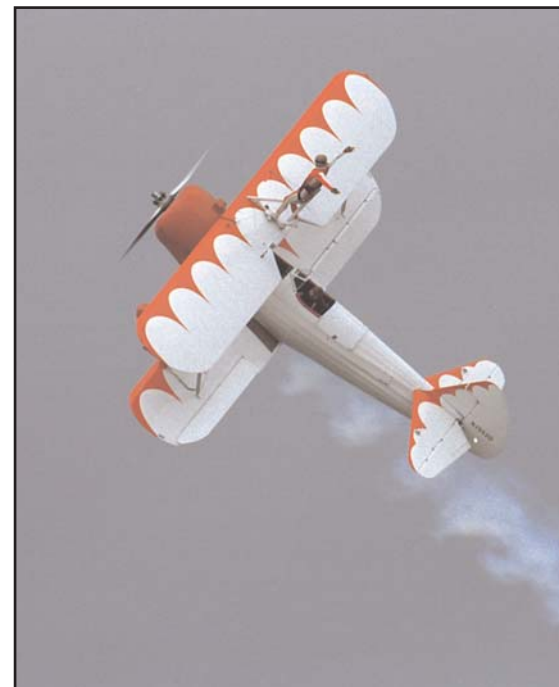
Several vendors and businesses provided games and attractions to entertain the children.

All in all, despite the rain and a few delays, the 2002 New River "Sounds of Freedom" Air Show was a 'soaring' success.



Lance Cpl. Leon Woods

Spectators watch in awe as the various aircrafts dance in the sky during the MCAS New River Air Show April 27.



Staff Sgt. Gregory K. Funk

With barnstorming stunts the Beauty and the Beast wing walking demonstration continually amazed the crowd as beauty tames the beast at the air show April 27.



Pfc. Misty D. Salinas

Patrons of the 2002 MCAS New River 'Sounds of Freedom' Air Show get the opportunity to walk through the MV-22 Osprey.



Staff Sgt. Gregory K. Funk

With smoke streaming from their heels, the Army Golden Knights performed low altitude maneuvers for the air show April 27.

Action Ads

For Sale: 1993 Ford Taurus, fair condition, 115K+, good running, automatic everything, needs AC charged, has cracked windshield (passed recent NC inspection), \$2,000 OBO. Call David or Kathy at 455-9541.

For Sale: Almost a full issue of enlisted uniforms including dress blues, sgt. chevrons, 2 hashes affixed where applicable, will sell all or part, make offer. Call David or Kathy at 455-9541.

Pensacola House for Rent or Sale (By Owner): Gulf Breeze Pensacola, 8 minute drive to beaches, 2,000 sq. ft., 3 BR, 2 BTH, 2 car garage, fireplace, walking distance to fitness center and cinema complex. Call Dave or Stacey at 850-934-5352.

For Sale: 1998 Acura 2.3 CL, 4 cyl., 43K miles, auto., air, cruise, tilt, CD, leather, sunroof, \$14,490 neg., see it at the New River resale lot. Call Heather at 324-5115.

Off Limits Establishments

Easy Money Catalog Sales
233-F Western Blvd., Jacksonville
Jacksonville Speedway Auto Parts
(aka Raceway Auto Parts
& Raceway Used Auto Parts)
401 Blue Creek Elementary
School Rd., Jacksonville.
Impressions-Lingerie Sales and Modeling
(formerly known as Botta Booms)
3054 Wilmington Hwy., Jacksonville
Private Pleasures
(aka Carriage House)
5527 Hwy. 258, Jacksonville
Tender Touch
(aka Baby Dolls)
Hwy. 258, Jacksonville
The Doll House
Hwy. 258 West, Jacksonville
Talk of the Town

114 Texie Ln., Jacksonville
Smitty's R&R
Hwy. 17, Jacksonville
Pleasure Palace
Hwy. 17, Jacksonville
Reflection Photo
353 Western Blvd. Jacksonville
Veterans Affairs Services
P.O. Box 12598, Jacksonville
Carland
2911 Rt. 17 George Washington Hwy.,
Tabb, Va. 23698
Fantasies
4951 Richlands Hwy., Jacksonville
Playhouse
6568 Richlands Hwy., Jacksonville
Illusions
Richlands Hwy., Jacksonville
Club Neo'z (formerly known as Dot
Com) 121 Grace St., Wilmington, N.C.

These specifically named companies have been identified by base officials as off-limits establishments and are not affiliated with similarly named establishments.



Station Theater Movie Schedule

Free admission
with military I.D.

For more information, call 449-6292
or check out www.localmovies.com

| | | | |
|--------|-----------|-------------------------|-------|
| May 8 | 7 p.m. | 40 Days & 40 Nights | R |
| May 10 | 7 p.m. | Time Machine | PG-13 |
| | 9:30 p.m. | 40 Days & 40 Nights | R |
| May 11 | 7 p.m. | Time Machine | PG-13 |
| | 9:30 p.m. | 40 Days & 40 Nights | R |
| May 12 | 3 p.m. | Time Machine | PG-13 |
| | 6 p.m. | All About The Benjamins | R |
| May 13 | 7 p.m. | All About The Benjamins | R |
| May 15 | 7 p.m. | All About The Benjamins | R |
| May 17 | 7 p.m. | Ice Age | PG |
| | 9:30 p.m. | Resident Evil | R |
| May 18 | 7 p.m. | Ice Age | PG |
| | 9:30 p.m. | Resident Evil | R |

Education Center MCAS New River

Building AS-212, Monday-Friday 7:30 a.m.-4:30 p.m.
449-6233/6322

| | |
|---|---------------|
| Coastal Carolina Community College | 449-6926/5369 |
| Webster University | 449-6997 |
| Campbell University | 449-6600 |
| Southern Illinois University Carbondale | 449-6250 |
| Boston University | 449-6459 |



Station Chapel

449-6801/6706

Sunday Service

Catholic 9 a.m.
Protestant 11 a.m.

Daily Mass

Mon., Tues., Wed., Thurs.
11:45 a.m.

Command Chaplain
Station Chaplain
Lead Petty Officer
Chapel Staff

CDR H. Marshall
Lt. J. Koch
RP1 A. Painter
RP3 H. Darden



CRIME STOPPERS

Jacksonville/Onslow County

Marine Corps Base &
Marine Corps
Air Station



- ◆ Report crime anywhere in our community
- ◆ Caller never reveals his/her identity
- ◆ Pays CASH rewards up to \$1,000
- ◆ Information must lead to arrest and indictment
- ◆ Reward is collected through code system



Call 24-hour hotline on/off base
938-3273

"Help to keep Marine Corps bases and all of
Onslow County a safe place to live and prosper."



Meaning behind 13 folds



First fold is a symbol of life

Second fold is a symbol of our belief in eternal life

Third fold is made in honor and remembrance of the veterans departing our ranks who gave a portion of their lives for the defense of our country to attain peace throughout the world

Fourth fold represents our weaker nature, for as American citizens trusting in god, it is to Him we turn in times of peace as well as in time of war for His divine guidance

Fifth fold is a tribute to our country, for in the words of Stephen Decatur, "Our Country, in dealing with other countries may she always be right; but it is still our country, right or wrong."

Sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States Of America, and to the Republic for which it stands, one Nation under God, indivisible, with Liberty and Justice for all

Seventh fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all her enemies, whether they be found within or without the boundaries of our republic

Eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor mother, for whom it flies on Mother's Day

Ninth fold is a tribute to womanhood; for it has been through their faith, their love, loyalty and devotion that the character of the men and women who have made this country great has been molded

Tenth fold is a tribute to the father, for he, too, has given his sons and daughters for the defense of our country since they were first born

Eleventh fold, in the eyes of a Hebrew citizen represents the lower portion of the seal of King David and King Solomon, and glorifies in their eyes, the God of Abraham, Isaac, and Jacob

Twelfth fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son, and Holy Spirit

When the flag is completely folded, the stars are uppermost reminding us of our nation's motto, "In God We Trust."

Information from www.grunt.com

During Vietnam combat Marines had a code

...When the war started in 1965, there was a draft to gain soldiers to go into combat, but many of the men and women that went to war volunteered. Many consider anyone who voluntarily went into this battle to be heroic.

During Vietnam, the Marines used a motto, "Saepe Expertus, Semper Fidelis, Fratres Aeterni." Which simply stated means "Often tested, Always Faithful, Brothers Forever." The Marines would live and die by this code. Even today mostly all veteran Marines religiously state "Semper Fidelis" at the closings of letters, e-mails, and any other thing they do referring to their time served as a Marine. In Vietnam they would live and die by this code to express their loyalty to the unwritten brotherhood.

"They were bound together by simple brotherhood and loyalty to their fellow Marines, their friends. They shared an unspoken trust and responsibility."

Each knew that if something were to happen to them, his friends would do anything in their power to save them, even if, "They might fail and lose their own lives in the attempt, but they would try." Such a powerful bond between men is what brought so many of them home. They believed in each other. They knew the danger, but they also knew their responsibility and their code.

The soldiers shared a brotherly love that no earthly circumstance can shatter." Doing what is needed is a characteristic of a hero made by a Marine.

They believe that if a soldier does what he is compelled to do, like getting an injured soldier to a safe haven. Simply stated, "Greater love than this, no man has, than he lays down his life for his friend."

If the action is so fierce, and it so happens that the soldier attempting the heroic act cannot make it to safety in time, and he loses his

friend in combat. He has to live with that for the rest of his life, and it will more than likely haunt him until the day that he dies.

During any heroic action, not everyone makes it. Someone gets killed and there's a problem. The person executing the heroic act has to live with the fact that he survived and someone else didn't. He won't consider himself a hero because of that loss.

Of course there will be other soldiers that do consider him to be a hero because of his attempted act.

He still is a hero for his unclaimed valor in the situation, but the extenuating circumstances proved otherwise in his result. Along with brotherhood, the Marines were faced with having to show courage on the battlefield, no matter the situation.

"Heroes are not the guys who feel no fear, but the guys who are frightened and do what is needed anyway..."

Excerpt from an article written by Adrienne N. Busby, published on www.popasmoke.com

"When a Marine in Vietnam is wounded, surrounded, hungry, low on ammunition or water, he looks to the sky. He knows the choppers are coming..."

Gen. Leonard F. Chapman,
24th Commandant of the Marine Corps

www.popasmoke.com